



SUICIDE PREVENTION TIPS

Although this may be uncomfortable it is important to assess the situation to determine if the student is suicidal, stressed, or overwhelmed. If we determine the student is having suicidal feelings, we should do the following:

FIRST, Observe Behaviors:

Look for the potential warnings signs that a student may be having a change in behavior, this may come across through conversation regarding their well-being, new activities,

- Talking about suicide — for example, making statements such as "I'm going to kill myself," "I wish I were dead" or "I wish I hadn't been born"
- Withdrawing from social contact and wanting to be left alone
- Having mood swings, such as being emotionally high one day and deeply discouraged the next
- Feeling trapped or hopeless about a situation
- Increased use of alcohol or drugs
- Changing normal routine, including eating or sleeping patterns
- Doing risky or self-destructive things, such as using drugs or driving recklessly
- Giving away belongings or getting affairs in order when there is no other logical explanation for doing this
- Developing personality changes or being severely anxious or agitated, particularly when experiencing some of the warning signs listed above.

SECOND, Questioning: Ask Questions!

First find out whether the person is in danger of acting on suicidal feelings. Be sensitive, but ask direct questions, such as:

- Have you ever thought about suicide before, or tried to harm yourself before?
- Do you feel safe with yourself?
- Have you thought about how you'd do it?
- Have you thought about when you'd do it?
- Do you have access to weapons or things that can be used as weapons to harm yourself?

It is okay to inquire about asking about suicidal thoughts or feelings, You asking about suicidal thoughts will not push someone into doing something self-destructive. In fact, offering an opportunity to talk about feelings may reduce the risk of acting on suicidal feelings.

LASTLY, Respond: If someone has suicidal thoughts you will need to disclose that you are a responsible employee and that you will be informing Public Safety and/or the Dean of Students Office so they can provide you additional assistance.



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Assure the student that every effort will be made to respect their privacy.

An example of how to say this is... "I need to share this information with College Staff. They will do everything they can to maintain your privacy. They will contact you to discuss options and will also give you information on support services and ways the College can help."

- **Don't leave the person alone**, keep them on the phone.
- **Call 911 or your local emergency number right away if imminent.** Obtain information for the student, address and phone number, if available.
- **Get help from a trained professional as quickly as possible.** Contact Public Safety 949-322-6277 via text or phone to assist with talking to the student.
- **Encourage the person to call a suicide hotline number.** In the U.S., call the National Suicide Prevention Lifeline at 800-273-TALK (800-273-8255) to reach a trained counselor. Use that same number and press "1" to reach the Veterans Crisis Line.
- **Suicide Text Hotline**, Crisis Text Line | Text HOME To 741741
- Complete a [Maxient Report](#)